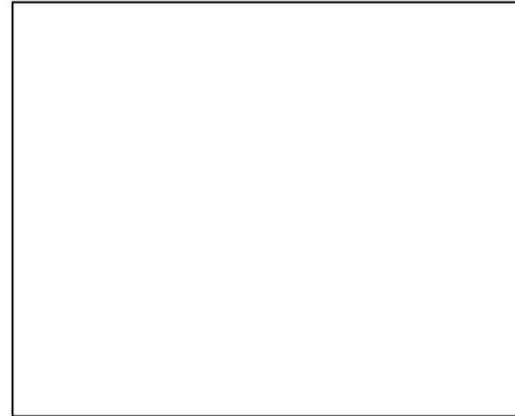




www.IslandViewGastro.com

CALL OR TEXT 805-641-6525



SUPREP-COLONOSCOPY PREPARATION (PM)

The doctor has requested that you undergo an examination to visualize your entire colon.

Your colonoscopy is scheduled on: _____

Please Check In at: _____

Please check in at:

- Ventura Endoscopy Center (VEC)**-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital (CMH)** - 147 N. Brent St. Ventura, CA 93003 (Mountain Tower)
- Ventura County Medical Center (VCMC)** - 300 Hillmont. Ventura, CA 93003 (Admitting)

BLOOD PRESSURE MEDICATION MUST BE CONTINUED

SEVEN (7) DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS (BLOOD THINNERS (e.g. PLAVIX, COUMADIN, WARFARIN)

GLP-Antagonists used for weight loss and/or diabetes may need to be stopped prior to your procedure. See the attached sheet for more information on what medications qualify as a GLP- Antagonists and a timeline of when to stop your medication.

****UNLESS OTHERWISE STATED BY YOUR DOCTOR****

*** AVOID SEEDS, NUTS AND CORN 2 DAYS PRIOR TO YOUR PROCEDURE***

Preparation for Procedure

**The prescription was sent out electronically to your pharmacy.
Pick up in the next 2-3 day from today.**



Examples of clear liquids besides water: NOTHING RED

- Coffee and tea (no cream, milk or dairy)
- Light-colored or clear juices
- Sports drinks
- Chicken, beef, or vegetable broth
- Clear sodas
- Dye-free Jello and gelatin

Your prep is one of the most important parts of your colonoscopy. Without a good prep—your bowel empty and clean—your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or rescheduling your colonoscopy.

DAY BEFORE PROCEDURE: (Part 1)

1. The day before the procedure you are allowed clear liquids. NO SOLID FOODS.
2. For dinner you are allowed clear liquids such as broth, tea, light color soft drinks, coffee without cream, or Jell-0 (EXCEPT RED JELL-O OR RED LIQUIDS). NO SOLID FOODS.
3. At _____. fill your 16oz. Suprep container with one, 6 oz. bottle of Suprep and add 10 oz. of cold water to the container up to "16 oz. fill line". Mix thoroughly and drink the full 16 oz. of liquid within 30 minutes.
4. Drink 2 more 16 oz. glasses of water within an hour.
5. We recommend that you drink 2 glasses of clear liquids every hour until you retire. If you are not diabetic, we recommend Gatorade. NO RED GATORADE.

THE DAY OF THE PROCEDURE: (Part 2)

6. NO SOLID FOODS. The day of the procedure at 4:00a.m, pour one (1) 6oz Suprep in the container and add 10 oz. of cold water to the "16 oz. fill line". Mix thoroughly and drink the full 16oz of liquid within 30 minutes. Drink 2 more 16 oz. glasses of water within an hour. Continue on clear liquids.
7. Continue on clear liquids.
8. You may have your medications the morning of your procedure if they cannot wait until after the procedure.

No fluids 4 hours before your arrival time.

VERY IMPORTANT-YOU MUST HAVE TRANSPORTATION. AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!! NO UBER/LYFT/TAXI/PUBLIC

**TRANSPORTATION UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT
(18YRS).**

YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS FROM YOUR CHECK IN TIME

During the Procedure

You will change into a hospital gown and be given medication intravenously to make you sleepy. When relaxed properly, the colonoscopy tube will be placed into the rectum and maneuvered through the lower bowel. You may feel some bloating and occasional cramping during the procedure, but all efforts will be made to minimize discomfort. If there are any questions of abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination. If a polyp (mushroom-like growth) is identified, this will be removed and sent to Pathology for further examination.

After the Procedure

As soon as the scope is removed, you may feel the need to pass gas from the rectum. This is entirely normal, as considerable amounts of air have been trapped in the bowel during the examination. There is often bloating and cramping for an hour or two after the test until the gas has passed. It is very important that you make arrangements to have someone bring you to the Center /Hospital and take you home. Some people are very sleepy and confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call the office for a brief follow-up appointment or leave a number where the doctor can return your call.

If biopsies are taken, we usually call patients within 2 weeks with the results. If you do not hear from us, please call our office 641-6525 at least 2 weeks after the procedure for the results.

PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.

Thank You!